

Discover Bowland Itinerary

The Ultimate Bowland Activity Holiday



© Jon Sparks

This action-packed five-day break explores some of the beautiful landscapes and pretty villages of the Forest of Bowland. It's the perfect itinerary for anyone wishing to discover this Area of Outstanding Natural Beauty on foot and by bike.

Total area:

312 m² / 803 km²

Population: 16,000

Highpoint: The Ward Stone 1841ft (561m)

Basecamps:

Clitheroe, Bentham, Slaidburn, Settle

Wildlife highlights:

Hen harrier, merlin, buzzard, hare, sika deer, otter

O.S Explorers Maps:

OL41 Forest of Bowland & Ribblesdale

OL2 Yorkshire Dales Southern & Western

287 West Pennine Moors



DAY 2:

Discover Gisburn Forest & Stocks Reservoir

The pristine uplands above Slaidburn are the perfect destination for walking, trail-running, mountain-biking and birding for visitors with a taste for adventure.

Lace up your boots for a big day close to the water or clip into your pedals for a forest adventure. The eight-mile Stocks Reservoir Circular route climbs into the hills above the reservoir, providing expansive views of the wider Bowland landscape before descending to complete a circuit of the entire reservoir.

Allow at least three hours to complete the entire circuit on foot. Start from the pay and display car park on the eastern shore of the reservoir.

For a two-wheeled off-road adventure, the purpose-built cycle trails through Gisburn Forest www.forestryengland.uk/gisburn-forest-and-stocks offer rides of varying length to suit all abilities. Refreshments and bike hire is available at Gisburn Forest Hub café. Road cyclists can try the 56km Roses Border Ride. www.forestofbowland.com/cycling

Alternative Activities

Tramper Trail

Families with younger children, or those who are less mobile, might want to try the less demanding Birch Hills Trail starting from the same car park. The Bowland Tramper can be booked in advance from Gisburn Forest Hub. Call **01200 446387** to make a reservation.

Go Wild in The Hay Meadows

Explore the restored traditional wildflower meadows around Slaidburn on a leisurely wander through the verdant pastureland beside the River Hodder at Bell Sykes Farm

Sample The Local Nightlife

See the Milky Way brighter than you've ever seen it and search for constellations in the dark skies above the Bowland Fells. There is a handy guide on the best places to go star spotting on the Forest of Bowland AONB website www.forestofbowland.com/star-gazing

DAY 3:

The Hidden Bowland Dales

The north-western fringe of the AONB retains the wild and rugged nature that characterises the Forest of Bowland. It's sometimes hard to believe such enchanting valleys lie less than 20 minutes from the M6 motorway...

Head for the picturesque village of Wray, where artisans and light industry have prospered for hundreds of years. Wray is famous for its annual Scarecrow Festival in early May, which often attracts thousands of visitors.

Walk up the quiet lane beside the left bank of the river to view the dense woodland that dominates this verdant valley. Look out for rare butterflies and woodland birds like the redstart and pied flycatcher. The woodland floor is carpeted in dense drifts of bluebells in May and the autumn colours in September and October rival those of New England.

A series of footpaths and rights of way criss-cross the valley and three circular walks that explore Roeburndale are available for free download on the AONB website:

www.forestofbowland.com/walking

Post-walk, the Bridge House Farm Café offers a warm welcome to weary walkers for refreshment and sustenance.

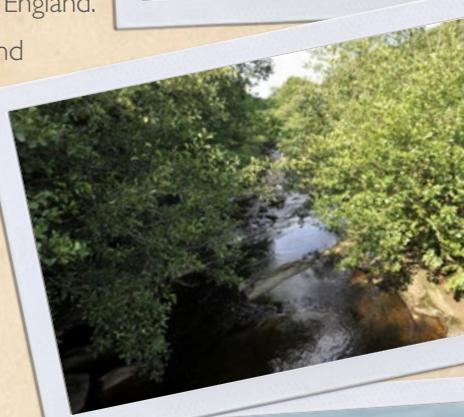
Alternative Activities

The Way Of The Roses

The western edge of Bowland is close to both coast and mountains and the first section of the famous 'Way of the Roses' cycle route combines the two, visit: www.forestofbowland.com/cycling. Covering the 35 miles between Morecambe and Settle, this section traverses some glorious countryside without too many hills. The route starts on the Promenade at Morecambe before heading to Lancaster then contouring around the Bowland Fells to Settle on the edge of the Yorkshire Dales.

Amazing Views

If visibility is good, a drive up to Jubilee Tower above Quernmore is a must. The views from here are breath-taking, encompassing Lancaster and the Lune estuary, the Lake District fells, the Great Orme on the Coast of North Wales and maybe even a glimpse of Snaefell on Isle of the Man.





DAY 4:

Fields, Fells and Fabulous Local Food

Stretching from the Bleasdale Horseshoe to the ridge of Longridge Fell, the southwestern fringe of the Forest of Bowland combines striking scenery with rich farmland and superb local produce.



The rolling hills that rise behind the Lancashire Plain offer splendid views over Morecambe Bay and beyond to the Lakeland fells. On a really clear day it's possible to see the Isle of Man and the North Wales coast.

The Visitor Centre at Beacon Fell is a good base from which to explore the western fringe of Bowland. There's ample pay and display parking and a café to stock up on provisions.



There's plenty of scope for enthusiastic foodies to embark on a gastronomic tour of this productive corner of Bowland. Local cheeses are a speciality, but you'll also find artisan pies, cooked meats, bread and confectionary in the many local shops and cafes. Seek out Bowland and Bay for artisan foodie adventures

www.bowlandandbay.co.uk

The quiet roads and rural trails make this part of Bowland a paradise for cyclists. On and off-road routes feature undulating terrain and some extended, steep climbs.



Alternative Activities

The Big Cheese

Lancashire Cheese is famous throughout Britain for its astringent tang and characteristic crumbliness. Mrs Kirkhams and Dewlay, on the edge of Garstang, are two of the biggest producers of this subtle local cheese.

Time for Tea

After a ride or walk, you have every excuse to indulge in a few sweet treats at one of the locale's noted cafes or farm shops. The Apple Store Cafe at Wyresdale Park is a must visit for any fan of traditional afternoon tea.



Bowland Wild Boar Park

This out of the way farm and wildlife park is especially popular with families who love getting close to the animals and exploring nature on one of the park's wildlife walks. You can extend your stay by hiring one of the park's camping pods.



DAY 5:

Secrets Of Pendle Hill

Pendle's slopes and summits have the wilderness feel of unspoiled landscapes. Whether you're in search of a challenge or simply want to admire the view from the top, your Pendle Hill adventure starts here...

There are at least seven different routes to the top and a wealth of walks through the pretty villages and picturesque valleys surrounding the hill. On a clear day the views are truly spectacular and a fitting reward for the challenging climb to the top.

To avoid some of the crowds why not try making your way to the hill's lofty trig point by one of the paths from Sabden or Downham, or even Spring Wood? (See page 55 for walking routes)

After the obligatory summit selfies, head back downhill to reward yourself with a well-earned pint or cuppa, and maybe a bite to eat, in one of the welcoming village pubs or cafes around the foot of the hill.



Pendle Hill Access Code

Most of the Pendle Hill landscape is accessible to the public with much of the hill itself designated as open access land where walkers have the right to roam. But it's still important to respect the landscape and those with whom we share it – including livestock.

Here are the golden rules:

- Keep dogs under close control, preferably on a lead
- Stick to designated footpaths
- Clear up after your dog
- Take litter home

Alternative Activities

Take on The 'Tour De Pendle'

It may only cover 15 miles, but this challenging circuit for road cyclists includes some of the toughest hill climbs in England. Expect a handful of 20 per cent gradients and plenty of 10 per cent ascents as you circumnavigate the hill via Sabden, Clitheroe, Worston, Downham, Barley and Newchurch. If you happen to be here on a Sunday, take a short detour along Jinny Lane for a brew and a natter at Britain's the last remaining Clarion House www.roughlee.org.uk/clarion-house/ just outside Barley (Grid Ref: SD 831396).



To view the series of Bowland Itineraries visit:
www.forestofbowland.com/discover-bowland-itineraries

Discover, Eat & Stay

See www.discoverbowland.uk for further details about each business

Discover

Alternative Adventure & Outdoor Activity Services

Tel: 01254704898

Web: www.altadv.co.uk

Be a Garden Maker

Tel: 01729 840848

Web: www.beagardenmaker.co.uk

Bentham Golf Course

Tel: 015242 62455

Web: www.benthamgolfclub.co.uk

Bowland and Bay Artisan Foodie Adventures

Web: www.bowlandandbay.co.uk

Tel: 07476 001539

Bowland Food Hall

Tel: 01200 407130

Web: www.holmesmill.co.uk/food-hall/

Bowland Wild Boar Park

Tel: 01995 61075

Web: www.wildboarpark.co.uk

Goosnargh Gin

Tel: 01995 641001

Web: www.goosnarghgin.co.uk

Lancashire Farm Wools

Tel: 07775148116

Ribble Valley E-Bikes

Tel: 01200 426246

Web: www.ribblevalley-e-bikes.co.uk

The Courtyard Dairy

Tel: 01729 823291

Web: www.thecourtyarddairy.co.uk/

Eat

Bowland Beer Hall

Tel: 01200 401035

Web: www.holmesmill.co.uk/beer-hall

The Emporium

Tel: 01200 444174

Web: www.theemporiumclitheroe.co.uk

Eat & Stay

Coach and Horses

Tel: 01200 447331

Web: www.coachandhorsesribblevalley.co.uk

Falcon Manor

Tel: 01729 823 814

Web: www.falconmanor.co.uk

Shireburn Arms

Tel: 01254 826678

Web: www.shireburnarmshotel.co.uk

The Red Pump Inn

Tel: 01254 826227

Web: www.theredpumpinn.co.uk

Waddington Arms

Tel: 01200 423262

Web: www.waddingtonarms.co.uk

The Red Pump Inn



Stay

12 Newchurch Luxury Holiday Cottage

Web: www.12newchurch.co.uk

Brickhouse Touring Caravan Site

Tel: 01995 61747

Web: www.brickhouseccs.co.uk

Cobden View Self Catering Cottage

Tel: 01282 776285

Web: www.cobdenview.co.uk

Dale House Barn and B&B

Tel: 01200 411095

Web: www.dalehousebarn.co.uk

Eldroth House Holiday Cottages

Tel: 07590252725

Web: www.eldrothcottages.co.uk

Hartley's Huts

Tel: 07908614736

Web: www.airbnb.co.uk/rooms/41663777

Height Top Farm Holiday Cottages

Tel: 01282 772009

Web: www.heighttopfarm.co.uk

Higher Gills Farm

Tel: 07743303939

Web: www.highergills.co.uk

Lakewood Cottages

Tel: 01524 751053

Web: www.lakewoodcottages.co.uk

Laythams Holiday Lets Retreat

Tel: 01200 446677

Web: www.laythams.co.uk

Little Oakhurst Luxury Glamping

Tel: 07908614736

Web: www.littleoakhurst.com

Moss Wood Caravan Park

Tel: 01524 791041

Web: www.mosswood.co.uk

Orchard Glamping

Tel: 07725 185366

Web: www.orchardglamping.co.uk

Patty's Barn

Tel: 01524 751285

Web: www.pattysbarn.co.uk

Peaks and Pods

Tel: 07724940709

Web: www.peaksandpods.co.uk

Riverside Caravan Park

Tel: 015242 61272

Web: www.riversidecaravanpark.co.uk

Smelt Mill Residential Centre

Tel: 01200 448682

Web: www.smeltmill.org.uk

The Gathering Fields

Tel: 07791 254101

Web: www.northernapproach.co.uk

Slaidburn Youth Hostel

Tel: 0345 371 9343

Web: www.exclusive-hire.yha.org.uk/properties/yha-slaidburn-youth-hostels-association

The Garden Cottage

Tel: 07989212901

Web: www.thegarden-cottage.com

Wenningdale Escapes

Tel: 015242 62455

Web: www.wenningdale.co.uk

Wood End Farm B&B

Tel: 01200 448223

Web: www.visitwoodendfarm.co.uk

Bowland Beer Hall



Coach and Horses



Courtyard Dairy

